Many athletes are always doing incredible things like setting records and winning championships. However, there are always those athletes we may have looked up too and found out that they cheated their way to success by using **steroids!**  Usually at first we begin to either hate those athletes or begin to do what they did. I have come up with a list of professional athletes. These athletes have died by some sort of substance or steroid use. My point is to show that steroids are not the way to go and to educate current athletes about what steroids may do to you and your body!

**1.)Knud Enemark Jensen 23:** He passed away at the Summer Olympics, August 26, 1960 in Rome Italy. Knud Jensen was born November 30, 1936 in Aarhus, Midtjylland, Denmark. He was a Danish cyclist. He wasn’t known really well to the public until 1959 where he finished 6 times and had 3 wins in the Kobenhavns district! He helped Denmark at the Nordic Championships by riding with them and winning a silver medal. This Lead Knud Jensen to be selected for the Olympic team. Knud Jenson died at the 1960’s summer Olympics when he passed out from heatstroke and cracked his skull. The drug “Roniacol” was linked in accordance with his death. Knud’s trainer gave him the drug before the race to help him with his performance. Knud leaves behind a wife which is the niece of former Olympic Champion Henry Hansen.

**2.) Tommy Simpson 30:**  Tommy Simpson passed away 1967 on Mount Ventoux during the Tour de France in Paris. He was a British cyclist who was born November 30, 1937 in Haswell, County Durham, Great Britain. He started his career as an amateur. He won a bronze metal with the 1956 team pursuit. He then went on to win silver in his own individual pursuit in the 1958 commonwealth games. During 1960, Tommy Simpson turned into a professional cyclist and began to enter races such as the Paris-Nice in 1967. He entered other races to such as the Bordeaux-Paris in 1963 and The Ronde de Vlaanderen in 1961. Although Simpson’s best year was, when he won the Giro di Lombardia and the world championship race! During the Tour de France in 1967, Simpson died of a heart attack. Simpson’s body later turned out to have been consumed by alcohol and the performance enhancing drug amphetamine. Amphetamine most likely helped Simpson. Tommy Simpson had always had a reputation for wanting to be his best and would do whatever it takes to win. Simpson left behind no one, but was very popular in cycling as an athlete.



**3) Chris Benoit 40;** Chris Benoit passed away June 24th 2007. He was a WWE/WWF Professional wrestler who was born on May 21st, 1967 in Montreal, Canada. Chris Benoit was a very famous and popular wrestler within the industry. Chris Benoit was two-time world champion. He was a one-time WCW champion. He too was a one time world heavyweight champion. During June 24th, 2007 Chris Benoit killed himself, his wife and his son. Chris Benoit’s body was found to have multiple drugs in it including steroids. Many believe steroids is what caused him to do this. Chris Benoit left behind no one, but fans wondering why he did this. Chris was only 40. He will be laid to rest with his wife and his son.

[](http://www.google.com/url?sa=i&rct=j&q=lyle+alzado&source=images&cd=&cad=rja&docid=7C2CYlshl3KjHM&tbnid=9oJnRcdJY_Y0eM:&ved=0CAUQjRw&url=http://riotsqurrrl.tumblr.com/post/4317141600&ei=cMBhUZu1Hojk4AOWmoDYAg&bvm=bv.44770516,d.dmg&psig=AFQjCNEhd8oO1LQhl-XRgqKks6lc2oBeiw&ust=1365447148718402)

**4.) Lyle Alzado: 41**  Alzado passed away from brain cancer on May 14th 1992.He was born April 3rd, 1949 in Brooklyn N.Y. Lyle Alzado was a good player in high school, but was never awarded any scholarships because he was no star! He was then accepted to a tiny school in South Dakota called Yankton College. He played football here for a while. However, in 1970 a Denver Bronco’s assistant coach had car trouble in Montana. He then went to stop and watch film between the Montana team and the away team Yankton. He saw Lyle Alzado perform very impressively for Yankton and that led the Broncos to draft him. He was drafted in the fourth round of the NFL draft in 1971. He then went on to be the most feared person on the Bronco’s defense. He won the 1977 AFC’s Defensive Player of the year award and Defense lineman of the year. He then led the broncos to the super bowl and set a franchise record. Alzado did too lead the raiders to the super bowl and made the pro bowl twice! In March 1991, Alzado turned out to have brain cancer. The following year Alzado died from brain cancer on May 14, 1992. In his own career Alzado constantly abused steroids and even admitted to using them and the Human growth hormone in Sports illustrated. He believed that steroids caused him to develop “brain cancer’ and that he wishes nobody ever abuses them like he did. Lyle Alzado left behind a wife, he was only 41.